



Women &
Heart Disease

The Heart Truth is a national awareness campaign for women about heart disease sponsored by the National Heart, Lung, and Blood Institute.



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AND HUMAN SERVICES
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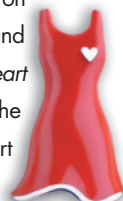
U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and Blood Institute

Friday, February 3, 2006

NATIONAL WEAR *red* DAY

On National Wear Red Day Americans nationwide will wear red to show support for women's heart disease awareness. *The Heart Truth* is: "Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women."

Join the national awareness movement by wearing red on February 3rd and encourage your family, friends, and coworkers to do the same. For more information on *The Heart Truth* campaign, National Wear Red Day, and the Red Dress—the national symbol of women and heart disease awareness—visit www.hearttruth.gov.

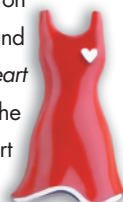


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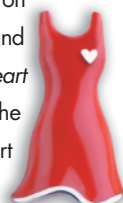


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QUESTIONS TO ASK YOUR *doctor*



Getting answers to these questions will give you vital information about your heart health and what you can do to improve it. You may want to bring this list to your doctor's office.

1. What is my risk for heart disease?
2. What is my blood pressure? What does it mean for me, and what do I need to do about it?
3. What are my cholesterol numbers? (These include total cholesterol, LDL or "bad" cholesterol, HDL or "good" cholesterol, and triglycerides.) What do they mean for me, and what do I need to do about them?
4. What are my "body mass index" and waist measurement? Do they indicate that I need to lose weight for my health?
5. What is my blood sugar level, and does it mean I'm at risk for diabetes?
6. What other screening tests for heart disease do I need? How often should I return for checkups for my heart health?
7. What can you do to help me quit smoking?
8. How much physical activity do I need to help protect my heart?
9. What is a heart-healthy eating plan for me? Should I see a registered dietitian or qualified nutritionist to learn more about healthy eating?
10. How can I tell if I'm having a heart attack?

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